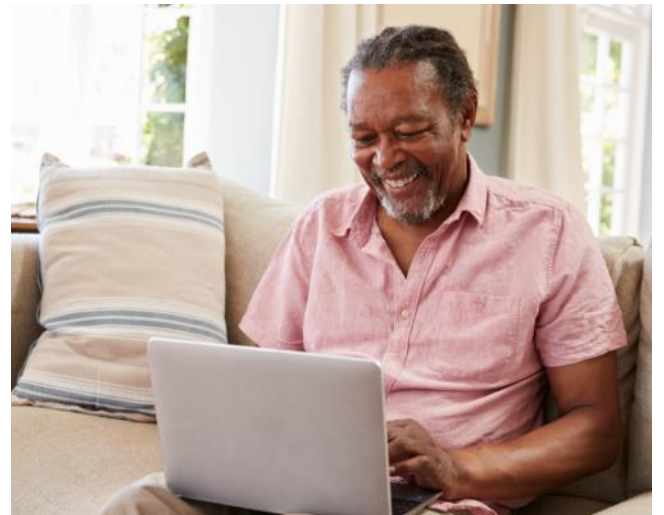
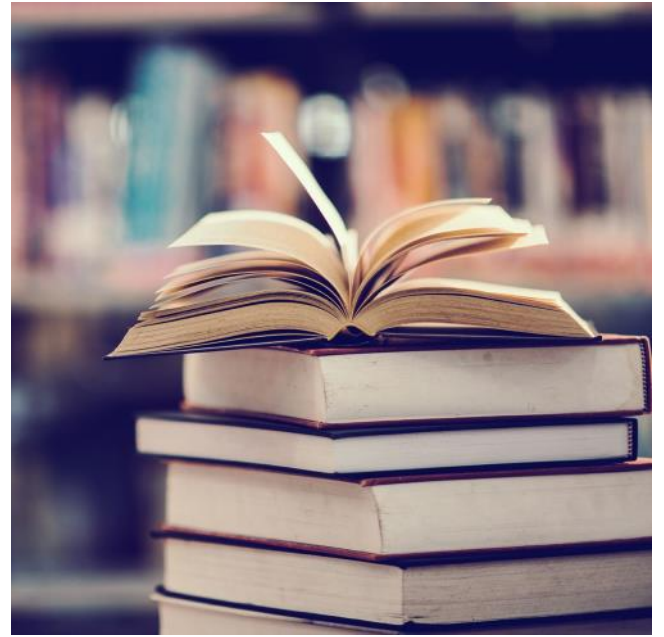


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS

January 2021

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

Please note that there is a new password
for all FREE PROGRAMS. The new
password is Hoco50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT

Explore Your Options

January 2021

Happy New Year! To kick off the new year, we've changed our look, we've included a Table of Contents so you can go directly to the sections that interest you. There is a FAQ section to help address your questions. We've added several new classes to the Paid Fitness Class Pass including evening and Saturday offerings. We are introducing two new Tai Chi classes, personal training, and exercise and nutrition consultations. We hope you engage from home in our virtual offerings. Stay safe and healthy until we see you back in the centers!

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Frequently Asked Questions

How do I sign up for the Paid Fitness Class Pass? To register for the \$50 monthly fitness pass that includes over 25 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registering by 2 pm, Thursday, December 31 will receive the links and passwords for January later that afternoon. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.201 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> February is A02490.202 and March is A02490.203. Passes purchased after the 15th of the month have a reduced fee.

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an individual appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged. On page 27 there are some tips to use WebEx.

How do I share feedback, comments and suggestions? You can email Virtual50@howardcountymd.gov and receive a response within 24 hours. Your input is appreciated.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact.
[CONSTANT CONTACT SIGN UP](#)

Commit To Be Fit

It's a new year, so let's challenge ourselves to move: make the commitment to yourself to be fit! This unique virtual event will kick off in February and run for 8 weeks. Spots will be limited. Registration (\$10) will be available January 1st through January 31st. Hope you will join us through February and March as we work together toward a shared goal of fitness, socializing and a bit of competition.
Call 410.313.1400 for details.

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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SATURDAY

9
HATHA YOGA
9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes	 \$ Paid Fitness Programs	 Free Programs
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WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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SATURDAY

16

HATHA YOGA

9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes

 \$ Paid Fitness Programs

 Free Programs

WEEK AT A GLANCE

MONDAY TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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SATURDAY

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 \$ Paid Fitness Pass Classes

 \$ Paid Fitness Programs

 Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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SATURDAY

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

30

HATHA YOGA
 9:30 AM [Go to Page](#)

\$ Paid Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays, 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:45 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

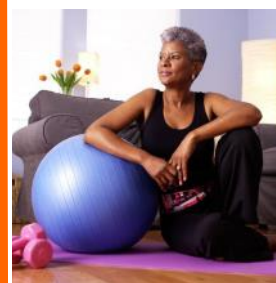
Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld



**OVER 25
CLASSES
FOR ONE
LOW MONTHLY
COST
CALL
410.313.1400
OR
410.313.5443
FOR MORE
INFO**

\$ Paid Fitness Pass Classes

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt

Seated Tai Chi

Tuesdays, 12 pm

This seated class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. A chair without arms, water, and patience will make your Tai Chi experience healthy, rewarding, and enjoyable.

Taught by Charles Toth

Balance 4-All

Tuesdays, Fridays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Taught by Margaret Wolf: Tuesdays Allison Harmon: Fridays

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld



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\$ Paid Fitness Pass Classes

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water to drink and a chair are recommended.

Taught by Jessica Koch

Mat Pilates

Wednesdays, 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart

Pilates with Bob

Thursdays, 9:30 am

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. For individuals who can get up and down from the floor safely. A mat is highly recommended.

Taught by Bob McDowell

Zumba Gold

Thursdays, 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Jackie Jones

Chair Yoga

Thursdays, 1:30 pm

Experience the benefits of yoga with the security of a chair. Increase the strength, flexibility, and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being.

Taught by Lisa Rados



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\$ Paid Fitness Pass Classes

Active Yoga

Thursdays, 5:45 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Functional Fitness

Fridays, 11:30 am

This class will give you a workout to be better prepared for activities of daily living (ADL). With the use of dumbbells (or any other household substitute), you will train specific muscles to help you perform regular activities of daily living safely and effectively. Focus will be on strengthening, balancing, and stretching.

Taught by Robbie Compson

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



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OR
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FOR MORE
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Exercise Waiver - Read and Shown Prior to All Classes

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

\$ Paid Fitness Programs

Arthritis Foundation Exercise Class

Mondays and Wednesdays, 1 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call **410.313.5440 to register**. *(This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost).*



Tai Chi for Beginners

Mondays, 4 pm

This class is for the beginner who want to learn the slow and gentle movements of Tai Chi. In this class you will learn to improve your muscle strength, flexibility, coordination, relaxation and concentration. You will be doing the standing Tai Chi forms which are easy to learn and practice through breathing exercises, full body stretches, core, leg strength and balance exercises. Cost: \$33 Taught by Ping. *



Tai Chi for recovery from Covid-19

Mondays, 5 pm

A beginner Tai Chi class for people who are recovering from Covid-19 or want to improve their lung capacity. In this class you will focus on abdominal breathing techniques to improve lung capacity and immune functions that will benefit internal organs. Cost: \$33 Taught by Ping.

***To register for either Tai Chi class call 410.313.5440 or 410.313.1400**

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. Virtual Personal Training is available by appointment. **Cost:** Sessions are 30 minutes w/first session being 45 minutes. **Single Session:** \$45 **4 Session Package:** \$160 **8 Session Package** \$299
Mon. 1 pm - 5 pm Wed. 10 am – 1 pm Fri. 3 pm – 6 pm **Call 410.313.1400**



\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available January appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.
Cost: \$15 per session



Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m732aa069334a19ee4be88dfb48692238>

Meeting number: 172 545 3737 Password: Hoco50+

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Beginner Soul Line Dancing

Mondays, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m00c2632b6da69e5ea2aadd0226d24ef7>

Meeting number: 172 367 1129 Password: Hoco50+

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes

Meditation with Marian

Wednesdays, 9:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m03057ed6fcae1996bb78260be930b6bc>

Meeting number: 172 168 3424 Password: Hoco50+

Studies found meditation may have health benefits, including reducing blood pressure and easing symptoms of anxiety, depression and insomnia. While meditation is not a “relaxation” practice, you may find that it has the side effect of relaxing you. Join Marian as we explore different styles of meditation.

Taught by Marian Condon

Sittercize

Wednesdays, 1 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m96a25027f107933c133ee14fd05c8898>

Meeting number: 172 002 1892 Password: Hoco50+

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin



Music and Memories

Thursday, January 14, 11 am

Listening to music can benefit your overall well-being, help regulate emotions, and create happiness and relaxation in everyday life. Join us for a fun and engaging live music program featuring a different local artist each month.

Presented by the Staff of the Connections Day Program

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca04550cf0520f9eb24aa958db35091e>

Meeting # 172 621 2516 Password: Hoco50+

Name That Tune: Inspirational and Feel Good Songs

Friday, January 15, 3 pm

Join Ellen as she tests your musical knowledge and brings us into 2021 with hope and positive musical vibes. This easy to play guessing game will keep your mind engaged and your toes tapping.

Presented by Ellen Brown

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8eb00a9c8e989db0c3be545f2257ad4a>

Meeting #180 611 7197 Password: Hoco50+

Open to Opera: Cavalleria Rusticana

Tuesday, January 19, 1 pm

"Cavalleria Rusticana" (Rustic Chivalry) was composed by Italian, Pietro Mascagni in 1889. This version is a film rather than a stage production. This tragic Opera concerns itself with life in a small Sicilian village and the struggles its citizens experience in love, conflicts, religion, and poverty. The music is considered among the most beautiful of the late 19th century genre ("Verismo" or realistic).

In preparation for our discussion, please watch the opera at <https://youtu.be/QU5yC93ig9Q>

Presented by Dr. Sam Stern

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m95905ed39bc171245662ec21773acbc>

Meeting # 180 767 5024 Password: Hoco50+

Explore the American Visionary Art Museum

Friday, January 22, 1 pm

Join us for a guided tour with a museum docent and hear the story of AVAM told through 25 works from the permanent collection. Limited to first 45 people.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me46a0715804f74655c7db31dacb1d52b>

Meeting # 180 616 1039 Password: Hoco50+



Computers & Technology

Figure Out Your Phone

Wednesdays, January 6, 20, 3:30 pm

Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need and want!

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me302a6fd1d9612cce1b0edd04a23b4c4>

Meeting # 172 521 4931 Call in Option: 1 650 - 479 – 3207 Password: Hoco50+

Adaptive Devices for the Car and in the Home

Monday, January 25, 2 pm

Do you have trouble getting in and out of the car or putting on your seat belt? Join Andrea for another informative Assistive Technology program. In this program, Andrea will demonstrate assistive devices and accessories for the car and some not-so-thought-about assistive devices for around the house.

Presented by Andrea Bryant, COTA/L

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma3c0ee349c357e4b70646ade949e2e56>

Meeting # 180 392 8719 Password: Hoco50+

Tech Tuesday

Tuesday, January 26, 11 am

Happy New Year - it's a time to refresh and recalibrate! Let's talk about some of the best apps to help you be your best self this year!

Presented by Lucky Sohi

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5100188afed076d5e4fe684773f2d88e>

Meeting # 180 939 8576 Password: Hoco50+

Howard County Library Online Resources

Wednesday, January 27, 1 pm

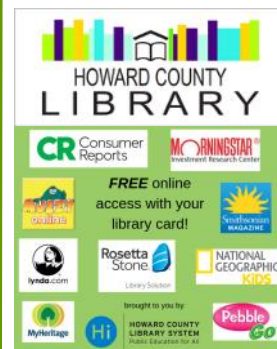
Are you interested in learning more about the online resources that the Howard County Library System has to offer? This session will review how to navigate to and access the online resources available through the Howard County Library System, including eBooks & eAudiobooks, language learning resources, consumer ratings and review, genealogy resources, and much more! There will be time for questions at the end of the presentation.

Presented by Victoria Riese

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8b9843eabd3d855b81e9ad628f6de757>

Meeting # 180 021 9167 Password: Hoco50+



Sweet on Citrus

Wednesday, January 6, 1 pm

Need something sweet and sunny to brighten up the long, dark days of winter? Join Jill as she shares a few recipes for luscious lemon, lime and orange desserts that will have you dreaming of warmer days ahead.

Presented by Jill Rose

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md40fa4c89382c41ab13ce0884daf9579>

Meeting # 180 020 9927 Password: Hoco50+

Nutrition Education: Drink Up!

Thursday, January 7, 12 noon

Hot drinks can warm us on a cold day. But did you know that some have numerous health benefits, particularly when it comes to disease prevention and management of chronic conditions? Join Carmen as she discusses the nutritional benefits of your favorite hot beverages.

Presented by Carmen Roberts, R.D.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcdd32e7a914937e25dcb9c48f4e2dd2c>

Meeting # 180 488 4204 Password: Hoco50+

Tasty Tidbits: Soups, Stews and Stoups, Oh My!

Monday, January 11, 2 pm

Winter is here and nothing is better on a cold winter night than a warm hearty bowl of soup, stew or stoup. What is a stoup you ask? Join Cheryl to warm your soul and tummy with some hearty yet healthy recipes and discover, what exactly is a stoup?

Presented by Cheryl Campbell

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2ba12996ac4b72111d98993900a4c49d>

Meeting # 180 823 7051 Password: Hoco50+

Ask the Nutrition Expert: New Year, New You!

Thursday, January 21, 12 noon

Join our nutrition expert as she discusses simple and realistic ways to change your eating habits for good. Come with your questions and goals for 2021.

Presented by Carmen Roberts, R.D.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb72a8dad6a8cebc2f47d3cf12322b5af>

Meeting # 180 117 3432 Password: Hoco50+



Food, Nutrition and Cooking

Crazy for Avocados

Wednesday, January 27, 2 pm

Nutritious and fun to eat avocados are more popular than ever. Learn how to grow an avocado tree, fun facts about these delicious fruits, and discover some recipes.

Presented by OT student Josie Stubs

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcac1322ef5477626f6ed78e190e46a28>

Meeting #180 697 2630 Password: Hoco50+



Health & Wellness

Virtual Nutrition Consultations

Monday, January 4, 4 - 6 pm

Thursday, January 7, 9 - 11 am

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health. [Register For A Virtual Nutrition Consultation](#)



Herbs for the Senses

Tuesday, January 5, 2 pm

More popular than ever, herbs are beautiful to look at, add flavor to recipes and provide a sensory experience. Join Howard County Garden Club member Ginny Mathias as she discusses how herbs can be incorporated into your garden-scape. Learn about the selection and care of some of the most popular herbs, including basil, lemon balm and chives.

Presented by Ginny Mathias

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4de45b9087e7734000973d774c029418>

Meeting # 180 242 3091 Password: Hoco50+



Focus on
Cancer

Cancer Focus: Lymphedema: Signs, Treatment, Prevention

Tuesday, January 12, 1 pm

Join Physical Therapist Tina Majkrzak as she discusses lymphedema and its relationship as a side effect of cancer treatments.

Presented by Tina Majkrzak, P.T. and Michelle Rosenfeld

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2a70e7a835486ddba6eab53e37881f6b>

Meeting number: 180 515 1601 Password: Hoco50+

Dining with Diabetes: a 4 part series

Monday, January 25, 1 pm

This informative 4-part program introduces strategies to manage your diabetes through menu planning, portion control and label reading. Program segments include: What is Diabetes?, Carbohydrates, Sweeteners, Fats, Sodium, Vitamins, Minerals and Fiber.

Presented by Karen Basinger, MS, LDN, CFCS, Maryland Extension Program

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6d96b4e10eccebcf58dccbecd6fb5068>

Meeting #180 444 2877 Password: Hoco50+

Catch Your Breath

Thursday, January 28, 1 pm

Sometimes something as simple as breathing techniques can help support overall well-being. Take time to catch your breath and exhale! Join us for some simple breathing exercises to calm, relax and refresh.

Presented by Jeannie DeCray

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf5d6752a127052291aed83e19a156035>

Meeting #180 405 1306 Password: Hoco50+

History, Culture, Current Events

BMI: A City in Motion, Planes, Train and Automobiles

Wednesday, January 13, 7 pm

Baltimore began as a center for exchange and trade, but reinvented itself as demands and opportunities changed. In the last 300 years, it's moved from an export center, to an industrial giant, and prospers today as a logistics hub. The citizens hewed and sailed wooden, then steel, ships, built railroads, designed and drove electric, steam, and gasoline cars, and manufactured aircraft from man's first days, hear the story.

Presented by Jack Burkert, Mike Kuethe

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3b99cafd413ad748cb4d52fa77953a44>

Meeting #180 322 1817 Password: Hoco50+

TED Talk

Thursdays, January 14, 28, 11 am

Join us to view one or two TED Talks, followed by a facilitated conversation.

Facilitated by Lucky Sohi

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m187cb7190505ef0ec7f52f0e5a6eb7b9>

Meeting # 180 281 7730 Password: Hoco50+ Call in Option: 1 650 - 479 - 3207



History, Culture, Current Events

Honoring MLK's Legacy: Listening and Critical Thinking

Thursday, January 14, 1 pm

Join MCRC Howard County for a conversation honoring the legacy of Martin Luther King Jr. Learn to use open ended questions to engage critical thinking in yourself and others. Consider how MLK Jr. used these skills to call others into the Civil Rights movement; we honor his legacy by practicing these same skills today.

Presented by Daniel Dykes, Acting Director, Maryland Conflict Center

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mad13ce31270218ab307e2bf2baab9603>

Meeting # 180 505 5167 Password: Hoco50+

DAR Museum: Myths or Truths

Thursday, January 14, 2 pm

Join Ann Corbett, Docent for the Daughters of the American Revolution Museum for a talk and presentation on Myths or Truths: Stories we've heard about early America.

Presented by Ann Corbett, pictures courtesy of DAR

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me01340160cbad6986f90a1330a2656cc>

Meeting # 180 699 7424 Password: Hoco50+

This One's for the (First) Ladies

Tuesday, January 19, 2 pm

Presidents get all the attention, but where would they be without their right-hand women? We'll share some fun facts about first ladies throughout history, take part in a little trivia and demo a cute craft that's perfect for adding a little first lady flair to your life.

Presented by Jill Rose

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m97c2701b1466f7547ad28095d5283e53>

Meeting # 180 778 4202 Password: Hoco50+

Hobby & Home

Sit, Stitch & Give

Fridays, 11 am

Originally based at North Laurel, this group is open to others who crochet, knit or do other needle crafts. Join us for a crafting and sharing time.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m75078822cc55d2717b2a71fb8a990631>

Meeting # 172 804 0742 Password: Hoco50+ Call in Option: 1 650 - 479 - 3207



Cards and More Cards

Wednesday, January 6, 2 pm

Join Regina and Cathy for a workshop on all things cards. Beef up your card stock for the upcoming year by making multiple cards. Try new things and show your style.

Presented by Regina Joffe and Cathy Burkett

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m42039418c1d28a520aac18dd92a3cf29>

Meeting # 180 479 6692 Password: Hoco50+

Game Night

Thursdays, January 14, 28, 7 pm New Time

Grab a pen and paper, and join us for a fun night of virtual games. On January 28 join us for a special "Groundhog Day" edition of game night - a celebration of the man, the movie, and the mammal!

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mac66b3fa920ef23680c9f2b7605d6e08>

Meeting #180 559 2886 Password: Hoco50+

Collectors Corner

Wednesday, January 13, 2 pm

Do you have a collection to share, or a unique special item that you are curious about? Join Nicholas and Phil for an open chat where everyone is encouraged to show, share and learn about others' collecting interests. We welcome you to share your treasured items, so please join us!

Presented by Nicholas Keplinger and Phil Lord

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m26e5c6504cf73e67b26465dc4236283d>

Meeting #180 486 2913 Password: Hoco50+

Photo Funnies

Tuesday, January 19, 1 pm

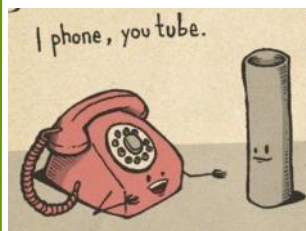
Come join our HUMOROGRAHER to learn the benefits of humor by observing carefully. Learn how to discover the abundant and often subtle humor that surrounds us everywhere, every day, by using an original acronym. Roger has been discovering and sharing his Photo Funnies for over 40 years. His photos have been displayed in senior centers, health fairs, a monthly magazine, medical facilities, public schools, colleges and libraries.

Presented by Roger Smith

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md47995fe795a20696ab438dbf2f05b71>

Meeting # 172 377 8836 Password: Hoco50+



Hobby & Home

Intermediate and Advanced Bridge

Thursday, January 21, 1 pm

Enjoy a one-hour session focusing primarily on bidding for advanced beginner and intermediate bridge players. The class will include lecture and Questions and answers and will focus on Marty Bergen's recommendations from his book, "Points Schmoints."

Presented by Paul Elstein

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m78668f5daf5b59ca75a10dd463652014>

Meeting #: 172 996 5921 Password: Hoco50+

Alcohol Inks: Flower Power

Tuesday, January 26, 2 pm

Create beautiful alcohol ink flowers using isopropyl alcohol, one or two colors of ink, and a white acrylic pen for texture. Supplies can range from low-end; straws, to mid-range; \$8 air blower, to hairdryers, and/or air brush for moving inks. Nonporous surfaces may include glossy white tile or paper supplies such as inkjet photo paper or Yupo paper. Optional supplies: q-tips, vinyl gloves.

Presented by Rachel McCracken

Click link to join

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfc52979f1012c5fdf2700b65a65d1eca>

Meeting #180 192 9539 Password: Hoco50+

Language

Learn Spanish

Wednesday, January 13, 20, 2:30 pm

Intergenerational volunteer will teach a monthly series on speaking Spanish.

Presented by Katie Young

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m96d27f5bd5154a76e5427b8e52367497>

Meeting #180 114 3164 Password: Hoco50+



Literature & Theater

Book Club

Thursday, January 7, 1 pm

A good book can change our perspective and broaden our horizons. If you love to read, join us for an hour of lively conversation and connection over a good book! On January 7th, we will discuss *The Nickel Boys* by Colson Whitehead. On February 4th, we plan to cover *Clap When You Land* by Elizabeth Acevedo.

Facilitated by Jeannie DeCray

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m075dd720b869c92b1d8293b34f431743>

Meeting #172 688 7987 Password: Hoco50+

The Tiny Book Club

Tuesday, January 19, 7:30 pm

Want to join a book club, but don't want to read a ton? Join us! We will focus on both fiction and non-fiction books that are about 150 pages. January's book is "The Uncommon Reader" by Alan Bennett. February's book is "Gift from the Sea" by Anne Morrow Lindbergh.

Facilitated by Lucky Sohi and Jodi Bargamian

Click to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8e49bab7257004c23055d3e7cc9d6f5>

Meeting # 172 094 1839 Password: Hoco50+

Science & Nature

Badlands National Park

Friday, January 15, 2 pm

We continue our series of ranger talks and enjoy a discussion about fossils and more by a park ranger Phillip Molnar from Badlands National Park.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m646b56856d02e1be20d36ff837cd06ac>

Meeting # 172 571 0491 Password: Hoco50+

Bird Talk: California Dreaming

Thursday, January 21, 2 pm

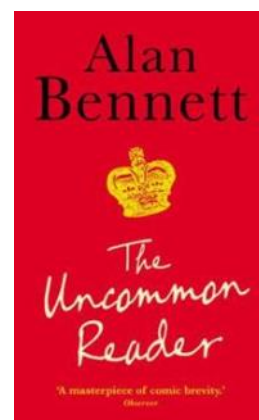
See the unique birds of central California, including the endangered California Condor, presented by Howard County Bird Club member. From Mono Lake to Big Sur via Yosemite.

Presented by Kurt Schwarz

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=meee257307ee5293add50fd70cd9b593a>

Meeting # 180 178 3114 Password: Hoco50+



Social Engagement

Coffee & Conversation with Center Staff

Tuesday - East Columbia 50+ 9 am

Thursday - Bain 50+ 9 am

Wednesday - Ellicott City 50+ 9:30 am

Friday - N. Laurel 50+ 9 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=maebef7b3709b441861fc03178e9d5bb7>

Meeting # 172 905 7711 / Call in Option: 1 650 - 479 – 3207

Grab a cup of coffee or tea and join team members from various 50+ for conversation and connection. Stay informed and share your thoughts.

Connections Conversation

Mondays, 9 am

Join us for a time to connect and share what's on our minds. Just need to hear another voice? We are here for you.

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=maebef7b3709b441861fc03178e9d5bb7>

Meeting # 172 905 7711 / Call in Option: 1 650 - 479 – 3207

Connections Corner

Tuesdays, 11 am

Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. Weekly program consists of trivia games, exercise, music, bingo, and more, designed specifically for this population. A caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay).

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m05c9a796a6dead01405c9112c52a68a8>

Meeting #172 519 9857 Password: Hoco50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes you or your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Please contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov.



Map in a Nutshell: Got MAP?

Wednesday, January 6, 3 pm

Did you know the Office on Aging and Independence offers an information and assistance phone line called MAP? MAP staff are ready to take your call and help you get connected with valuable information and resources. Learn more how MAP can help! We invite you to come with questions about aging and resources and find your answers in this interactive discussion.

Presented by Emily Leclercq

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m93a46e85b4b42e7d81c3e61ba44081f4>

Meeting # 180 855 3462 Password: Hoco50+

Ask the Officer

Wednesday, January 13, 1 pm

Howard County police officer William Kreitzer will discuss current safety tips, scams and fraud prevention. Join us as we discuss how on-line and phone scams have been on an up-tick during quarantine. Please come with questions and concerns.

Presented by Officer William Kreitzer

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m59697dd4f87928cf93a01acc2c241f84>

Meeting # 180 669 3015 Password: Hoco50+

MAP in a Nutshell: At Home Care vs Home Health Care

Wednesday, January 20, 3 pm

Gain a better understanding of the differences between In-home Care and Home Health Care. Sometimes it can get confusing. Learn more about these two types of care, their benefits, cost and things to think about when arranging.

Presented by Emily Leclercq

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m527cd99d5e212f45508cd60fe5be1072>

Meeting # 180 264 0511 Password: Hoco50+



Virtual50@howardcountymd.gov



**ASK AN
OFFICER**





NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

The SeniorsTogether groups below will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

1:00 to 2:00 p.m. (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

THURSDAYS

NEWTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 to 1:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 **Howard County Office on Aging and Independence**
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)

Grab&G

A Meal Distribution Service for Older Adults

Each seven-pack box includes seven different individual entrées, seven cartons of milk, and a variety of fruit cups, apple sauce and bread products.

PICK-UP LOCATION —

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042

Every Thursday • 11:00 a.m. to 12:30 p.m.

REGISTER TODAY
**LIMITED
AVAILABILITY!**

PRE-REGISTRATION IS REQUIRED —

To register, contact Maryland Access Point of Howard County
410-313-1234 (voice/relay) • map@howardcountymd.gov

Order must be received by 12:00 noon on Monday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate. Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

SUGGESTED DONATION —

\$47.32 PER SEVEN-PACK MEAL KIT (\$6.76/MEAL)

Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

PRESENTED IN PARTNERSHIP WITH —

 **Howard County Office on
Aging and Independence**
Department of Community Resources and Services
www.howardcountymd.gov/aging
[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

COMMUNITY PARTNER PROGRAMS

Join with the [Howard County Local Health Improvement Coalition](https://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.



Howard County Behavioral Health Summit Series

Aetna is proud to partner with the Howard County Health Department to bring you this 5-part series of webinars that will help you learn ways to stay healthy and take control in 2020 and beyond. We hope you'll join us for each of these 1-hour sessions, featuring insightful and inspiring conversations with community experts about mental health and wellness.

Dealing with Unrest: Understanding Yourself & Others

Wednesday, January 13, 2021; 12:00pm – 1:00pm

The challenges of living through this pandemic are compounded by societal unrest. In this session, we'll learn how to foster a sense of community and an attitude of inclusion, bringing acceptance and empathy in our daily lives.

Registration is required: <https://bit.ly/3owAwe0>

For questions or more information, email LHIC@howardcountymd.gov



Front Line Tools to Protect Your Health and Fight Off Chronic Disease

Join Howard County Local Health Improvement Coalition members, Giant Food, Howard County Library System, and the Howard County Health Department, Bureau of Health Promotion, in this nutrition webinar series that will help you identify lifestyle strategies to help you meet your personal health goals.

Fueling Up & Powering Down: Fitness Nutrition

Monday, January 18, 2021; 11:00 am – 12:00 pm

Growing stronger and faster through hard work can be gratifying —but if you aren't fueling your body well, you may not see the best results. Whether you're just starting your fitness journey, or have a specific fitness goal, learn how you eat affects your fitness regimen.

Registration is required: <https://bit.ly/3obrBz5>

For questions or more information, email askhcls@hclibrary.org

We Are MHSO

Tuesday, January 19, 2021; 10:00am 11:00am

Maryland has a clear mission – to stop deaths and injuries on our roads. This presentation will provide an overview of Maryland's Highway Safety Office (MHSO), the State's Strategic Highway Safety Plan, and how the MHSO's activities, partnerships, and grant programs work to reduce the number of crashes, serious injuries, and fatalities on our roadways.

Registration is required: <https://bit.ly/2LqaF8E>

For questions or more information, email LHIC@howardcountymd.gov

**ZERO DEATHS
MARYLAND**

WebEx General Tips and Information

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Hoco50+ for all free classes. There is a separate password sent out at the end of the month to individuals who purchase Fitness Pass. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx.

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- If the link you are using says there is an error, go to Webex.com, on their page in the top right corner is "join", click join. WebEx will ask you for meeting information, and you type in the 10 digit meeting code for your class. It will ask you for your password, enter. FYI - It may ask for your password 2-3 times.
- Make sure you have a good internet or cell connection.
It is recommended that you use **Chrome** as your browser.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- It will ask for a password which is Howard50+ unless you are doing a Fitness Pass Class.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."

If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410-313-4832 or lsahi@howardcountymd.gov. To schedule an individual appointment for assistance, please email Virtual50@howardcountymd.gov

Red = Microphone Off Green = Microphone On

